

## QUICK TIPS

# mental health check-up for teens



### connections

Evaluate the way you feel when you are around different people. Are changes needed? Are there friends or family that you would like to reconnect with?



### support

Do you have friends, family, teachers you feel you can count on? When you are having a hard day, do you have people you can count on to support you?



### mood

Are you feeling happy most days? How often do you feel irritable or angry? Do you worry a lot or feel anxious? If you feel down for extended periods of time, it may be time to talk to someone.



### sleep

Are you watching TV or on your phone right before falling asleep? Try to disconnect devices at least an hour before you plan to fall asleep.



### nutrition

How are you fueling your body & mind? Make sure you are eating plenty of fruits & veggies, limited processed foods and added sugar, and drinking plenty of water. Try to limit caffeine as it can worsen anxiety.



### exercise

How are you moving your body, and how often? Exercise and movement—even just taking a walk, or doing light stretching in the morning—can help your mental health improve and is good for your overall health.



### mindset

How do you approach challenges when they arise? Shifting your mindset takes practice, but by focusing on the good things, and knowing things will get better can help.